

Watermelon Cake

airy Free







DESSERT

Ingredients

	0.5 cup semisweet chocolate chips mir	niature
	1 box cake mix white	
	0.1 oz cherries unsweetened soft	
	12 oz fluffy frosting white	

1 serving purple gel food coloring green red

0.7 cup gourmet jelly beans green

Equipment

bowl

	oven			
	hand mixer			
Directions				
	Heat oven to 350°F (325°F for dark or nonstick pans). Grease or spray two 8- or 9-inch round cake pans. In small bowl, toss 1/2 cup of the chocolate chips with 1 tablespoon of the cake mix. In large bowl, beat remaining cake mix, the water, oil, egg whites and drink mix with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in the 1/2 cup chocolate chips.			
	Pour into pans.			
	Bake and cool as directed on box for 8- or 9-inch rounds.			
	In small bowl, stir 1 cup of the frosting with 10 to 12 drops green food color. Stir 10 to 12 drops red food color into remaining frosting. Frost sides of cakes with green frosting; press green jelly beans into frosting. Frost tops of cakes with red frosting; press remaining 2 tablespoons chocolate chips into frosting for seeds. If desired, cut cakes crosswise in half and arrange "slices" randomly on tray. To serve, cut into wedges. Store loosely covered.			
	Nutrition Facts			
	PROTEIN 2.48% FAT 23.34% CARBS 74.18%			

Properties

Glycemic Index:4.06, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:4.0669565383831%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 287.34kcal (14.37%), Fat: 7.47g (11.5%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 53.45g (17.82%), Net Carbohydrates: 52.48g (19.08%), Sugar: 36.35g (40.39%), Cholesterol: 0.44mg (0.15%), Sodium: 268.5mg (11.67%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 6.36mg (2.12%), Protein: 1.79g (3.57%), Phosphorus: 132.37mg (13.24%), Manganese: 0.17mg (8.38%), Vitamin B2: 0.14mg (8.18%), Calcium: 76.3mg (7.63%), Iron: 1.14mg (6.36%), Folate: 24.33µg (6.08%), Copper: 0.12mg (6.06%), Selenium: 3.52µg (5.04%), Vitamin B1: 0.08mg (5%), Vitamin B3: 0.88mg (4.4%), Vitamin E: 0.65mg (4.33%), Magnesium: 16.99mg (4.25%), Vitamin K: 4.17µg (3.97%), Fiber: 0.97g (3.88%), Zinc: 0.36mg (2.43%), Potassium: 73.18mg (2.09%), Vitamin B5: 0.13mg (1.3%)